



SSN2171: Personal Psychology 20

The Body and Behaviour

Assignment Booklet 6

FOR STUDENT USE ONLY

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Summary

	Total Possible Marks	Your Marks
(S)3 Lesson 2 Assignment 1	15	
(S)3 Lesson 2 Assignment 2	20	
(S)3 Lesson 2 Assignment 3	45	
(S)3 Lesson 2 Assignment 4	20	
TOTAL	100	

Teacher's Comments:

Teacher

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- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct course label attached?

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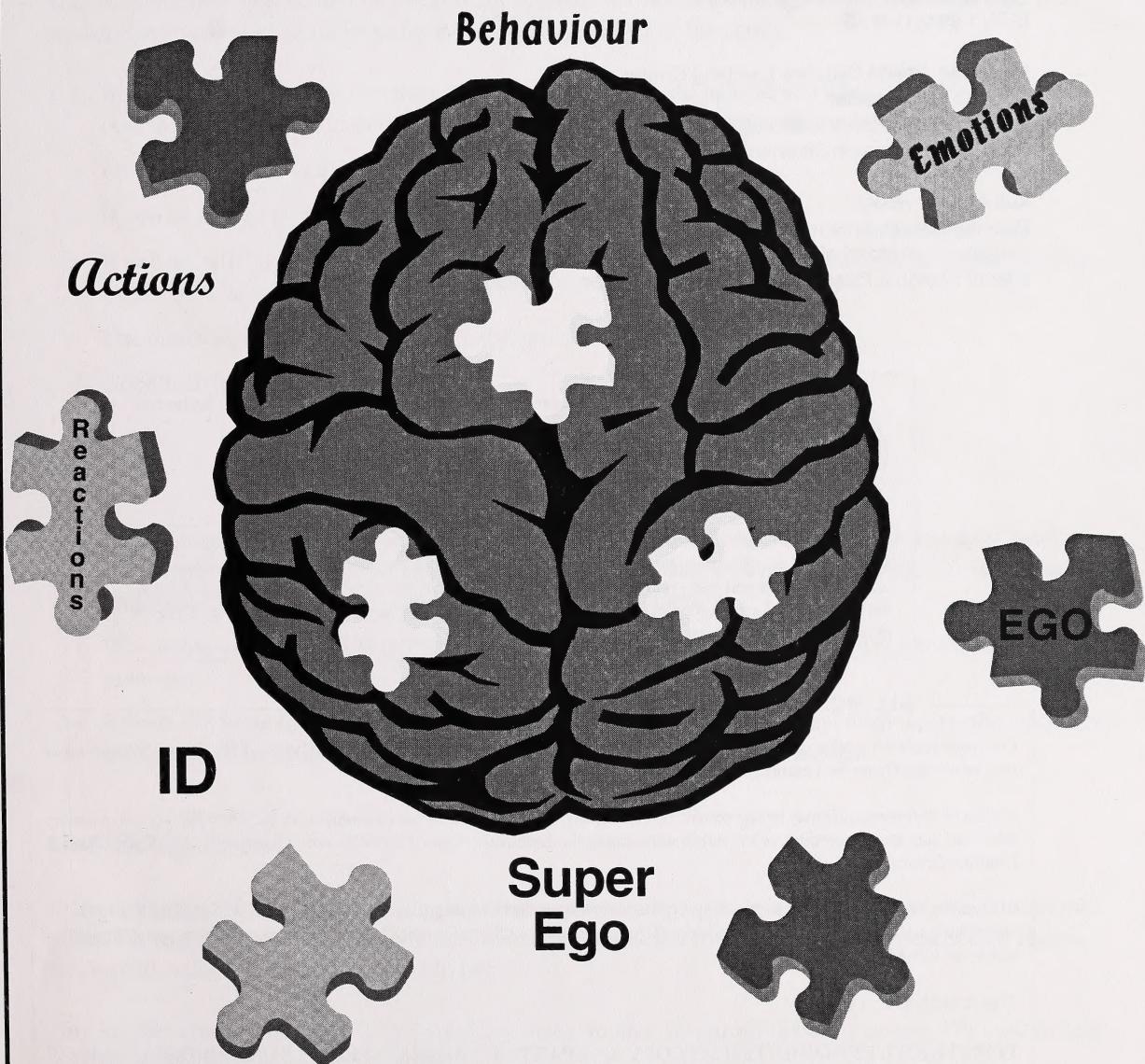
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PERSONAL PSYCHOLOGY 20



ASSIGNMENT BOOKLET 6

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Personal Psychology 20

Assignment Booklet 6

Advice:

Your mark for this module will be determined by your success on the assignments in this booklet. Your answers give your teacher indications of your understanding of the course.

- Before attempting to answer the assigned questions, please be sure you have read all the relevant course material and have completed the self-correcting activities in the module booklet.
- Proceed **slowly** and **carefully** through the assignments.
- If you encounter difficulties, review the pertinent section notes.
- If you are still having problems, please contact the course teacher at the Alberta Distance Learning Centre for assistance.
- The marks possible for each individual exercise is indicated.
- Good luck in your studies!

Warning:

- Failure to complete all questions and/or poor responses due to obvious lack of effort may result in your teacher returning the assignment booklet marked “incomplete”. No grading will be awarded until such exercises are completed to the teacher’s satisfaction.
- Discussing various aspects of the course with others is encouraged, but all work submitted should be your own.
- If there is a large discrepancy between the assignment score and the final exam score, the teacher has the discretion to assign a final mark based solely on the examination results.

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Section 6: Biology and Behaviour

Assignment 1: The Brain and Behaviour

**Value
15**

Certain brain injuries and neurological disorders may affect a person's personality or behaviour. Identify **three** possible injuries or disorders and explain what part of the brain each affects and the effect each may have on the person.

For each of the three, you will be marked as follows:

- describing the type of injury or disorder (for a total of 1 point)
- describing what area of the brain the injury or disorder affects (for a total of 2 points)
- for describing how the injury or disorder will affect or change behaviour (for a total of 2 points)

Assignment 2: Review of Terms

**Value
20**

Match each definition or statement with its correct term.

a. alpha waves	k. synapses
b. autonomic nervous system	l. instinct
c. beta waves	m. parasympathetic division
d. neurotransmitters	n. imprinting
e. delta	o. testosterone
f. endocrine system	p. sympathetic division
g. epinephrine	q. temporal lobe
h. estradiol	r. occipital lobe
i. narcolepsy	s. frontal lobe
j. insomnia	t. corpus callosum

- _____ 1. tiny bits of chemicals released by the neurons
- _____ 2. consists of glands that produce and release hormones in the body
- _____ 3. nervous system that controls life-sustaining processes
- _____ 4. part of nervous system that regulates normal body functioning
- _____ 5. a severe injury to this lobe may cause blindness
- _____ 6. the lobe responsible for a person's hearing
- _____ 7. lobe responsible for motor control (movement)
- _____ 8. sudden unpredictable onset of sleep.
- _____ 9. inability to fall asleep
- _____ 10. sleep waves produced in stage four of sleep
- _____ 11. increases heart rate and blood pressure
- _____ 12. small gaps that lie between neurons
- _____ 13. brain waves that are part of alert wakefulness and REM sleep
- _____ 14. brain waves that are part of quiet wakefulness.
- _____ 15. a hormone that has been linked to aggression
- _____ 16. a hormone that increases in a female after she gives birth; considered important in regulating care of babies
- _____ 17. phenomenon of baby birds following the first thing they see move
- _____ 18. unlearned behaviour patterns that appear in the same form at a certain point of development of every member of a species
- _____ 19. a thick bundle of specialized neurons that connects the hemispheres of the brain
- _____ 20. part of the nervous system that deals with our ability to respond to crisis situations.

Assignment 3: Sleep

Value
15

1. List the five stages that characterize sleep and briefly define the characteristics of each stage.

Value

2

2. What is the importance of serotonin in sleep?

Value

5

3. Why is sleep important? Explain the benefits our bodies get from sleep.

Value

3

4. What is sleep apnea?

Value 20 5. How much sleep do you need? Why? Write a sleep diary over a three day period detailing how well you slept and how you feel after a poor night's sleep.

Your sleep diary should include

- the date with the time you went to bed and the time you woke up
- the total amount of time you slept
- one comment on your general nature on how restful the sleep was
- one comment on your physical performance and your mental performance for the day that follows each night's sleep

Compare the differences you found in your performance on days you slept well and days you didn't sleep as well. Use this to assess how much sleep your body requires. The entries in your sleep diary will be worth 5 marks each and 5 marks will be given for the assessment of the amount of sleep your body requires.

Assignment 4: Summary

Value
20

Multiple-choice questions. Place the letter of the answer that **BEST** suits the question in the blank provided. You will receive one mark for every correct answer.

_____ 1. Which of the following sleep disorders is linked to REM sleep?

- a. insomnia
- b. narcolepsy
- c. night terrors
- d. sleep walking

_____ 2. Epilepsy is caused by

- a. convulsions
- b. a degeneration of myelin
- c. degeneration of the Substantia Nigra
- d. abnormal electrical charges in the brain

_____ 3. Different lobes of the brain

- a. have different coloured neurons
- b. specialize in certain bodily functions
- c. are responsible for different emotions
- d. are necessary for brain surgery to take place

_____ 4. Neurotransmitters work by

- a. their specialized “lock and key” design
- b. allowing neurons to communicate
- c. traveling across a synapse
- d. all of the above

_____ 5. Phineas Gage's brain injury caused changes in his

- a. hearing
- b. personality
- c. intelligence
- d. language skills

_____ 6. Symptoms of Alzheimer's disease are

- a. loss of motor control
- b. muscle degeneration
- c. loss of memory
- d. all of the above

_____ 7. Which statement regarding reaction times is **false**?

- a. Nerves can be stimulated to measure the reaction time in muscles.
- b. The further an impulse has to travel, the longer it takes for its effect.
- c. Hermann von Helmholtz was the first man to design a test to gauge reaction times.
- d. The time between the brain sending a signal to a muscle and that muscle contracting is instantaneous.

_____ 8. Electroencephalograms measure

- a. magnetic pulses
- b. radioactive glucose
- c. brain wave activity
- d. the size of brain tumours

_____ 9. Which of the following is **not** an effect of sleep deprivation?

- a. severe night terrors
- b. decreased immunity
- c. impaired mental ability
- d. an increasing sleep debt

_____ 10. MRI scans show

- a. whether cells have enough oxygen
- b. whether cells have enough water
- c. all soft tissue in the body
- d. all the above

_____ 11. Species-specific behaviours are linked to

- a. survival
- b. the frontal lobe
- c. communicating
- d. neural impulses

_____ 12. The maintenance of life-sustaining body processes is specifically controlled by

- a. the sympathetic division
- b. the central nervous system
- c. the parasympathetic division
- d. the autonomic nervous system

_____ 13. Sleep can be characterized by brain wave activities called

- a. electrical impulses
- b. dreaming and awaking
- c. narcolepsy and cataplexy
- d. REM sleep and Delta sleep

_____ 14. Scientists are aware of what functions different lobes of the brain perform because

- a. they have traced the neurons from the organs through to the brain
- b. they have studied the effects in people with brain injuries
- c. in the past they removed parts of the brains of criminals
- d. MRI scans tell them

_____ 15. REM sleep

- a. is the stage where dreaming occurs
- b. increases during a night's sleep
- c. decreases as a person ages
- d. all of the above

_____ 16. Hormones are responsible for

- a. some maternal behaviours
- b. determining a baby's sex
- c. sleeping
- d. all of the above

_____ 17. Instincts are

- a. learned
- b. unlearned
- c. neurotransmitters
- d. are species-specific

_____ 18. The hormone responsible for male aggressiveness is

- a. insulin
- b. estrogen
- c. testosterone
- d. leutenizing hormone

_____ 19. Neurotransmitters are

- a. hormones in the brain
- b. specialized cells in the brain
- c. electrical impulses in the brain
- d. chemicals released in the brain

_____ 20 Which of the following statements is **true**?

- a. Epilepsy is triggered by genetics.
- b. High fevers can bring on epileptic attacks.
- c. Epileptic attacks occur at regular intervals.
- d. Epilepsy can only be treated with brain surgery.

END OF ASSIGNMENT BOOKLET 6

